



National Nutrient Database for Standard Reference
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Statistics Report 35237, Tamales, masa and pork filling (Hopi)

Report Date: July 16, 2017 06:58 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	62.39	3	0.055	62.3	62.49	2.0	62.153	62.627	1	Analytical or derived from analytical	--	04/2010
Energy	kcal	168	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2010
Energy	kJ	704	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2010
Protein ¹	g	13.19	3	0.220	12.75	13.44	2.0	12.242	14.133	1	Analytical or derived from analytical	--	04/2010
Total lipid (fat) ¹	g	4.70	3	0.092	4.58	4.88	2.0	4.305	5.094	1	Analytical or derived from analytical	--	04/2010
Ash ¹	g	1.45	3	0.071	1.34	1.58	2.0	1.143	1.75	1	Analytical or derived from analytical	--	04/2010
Carbohydrate, by difference	g	18.28	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2010
Fiber, total dietary ¹	g	3.3	3	0.058	3.2	3.4	2.0	3.052	3.548	1	Analytical or derived from analytical	--	04/2010
Sugars, total ¹	g	1.57	3	0.076	1.42	1.67	2.0	1.241	1.898	1	Analytical or derived from analytical	--	04/2010

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Sucrose 1	g	0.48	3	0.024	0.43	0.51	2.0	0.373	0.58	1	Analytical or derived from analytical	--	04/2010
Glucose (dextrose) 1	g	0.49	3	0.046	0.4	0.55	2.0	0.293	0.687	1	Analytical or derived from analytical	--	04/2010
Fructose 1	g	0.60	3	0.037	0.53	0.64	2.0	0.445	0.761	1	Analytical or derived from analytical	--	04/2010
Lactose 1	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2010
Maltose 1	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2010
Galactose 1	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2010
Starch 1	g	15.13	3	0.384	14.4	15.7	2.0	13.479	16.787	1	Analytical or derived from analytical	--	04/2010
Minerals													
Calcium, Ca 1	mg	18	3	0.694	17	19	2.0	14.882	20.851	1	Analytical or derived from analytical	--	04/2010
Iron, Fe 1	mg	0.66	3	0.008	0.66	0.68	2.0	0.63	0.7	1	Analytical or derived from analytical	--	04/2010
Magnesium, Mg 1	mg	35	3	1.235	34	38	2.0	30.154	40.779	1	Analytical or derived from analytical	--	04/2010

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Phosphorus, P 1	mg	141	3	5.548	132	151	2.0	116.797	164.537	1	Analytical or derived from analytical	--	04/2010
Potassium, K 1	mg	250	3	8.969	237	267	2.0	211.076	288.258	1	Analytical or derived from analytical	--	04/2010
Sodium, Na 1	mg	298	3	22.519	259	337	2.0	200.775	394.559	1	Analytical or derived from analytical	--	04/2010
Zinc, Zn 1	mg	1.27	3	0.007	1.26	1.28	2.0	1.238	1.295	1	Analytical or derived from analytical	--	04/2010
Copper, Cu 1	mg	0.087	3	0.002	0.08	0.09	2.0	0.078	0.096	1	Analytical or derived from analytical	--	04/2010
Manganese, Mn 1	mg	0.160	3	0.007	0.15	0.17	2.0	0.131	0.189	1	Analytical or derived from analytical	--	04/2010
Selenium, Se 1	µg	32.6	3	1.670	30.5	35.9	2.0	25.413	39.787	1	Analytical or derived from analytical	--	04/2010
Vitamins													
Thiamin 1	mg	0.167	3	0.003	0.16	0.17	2.0	0.152	0.181	1	Analytical or derived from analytical	--	04/2010
Riboflavin 1	mg	0.070	3	0.000	0.07	0.07	--	--	--	1	Analytical or derived from analytical	--	04/2010
Niacin 1	mg	2.823	3	0.107	2.61	2.93	2.0	2.364	3.282	1	Analytical or derived from analytical	--	04/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Pantothenic acid ¹	mg	0.820	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
Vitamin B-6 ¹	mg	0.262	3	0.004	0.26	0.27	2.0	0.244	0.281	1	Analytical or derived from analytical	--	04/2010
Vitamin B-12 ¹	µg	0.22	3	0.003	0.21	0.22	2.0	0.202	0.231	1	Analytical or derived from analytical	--	04/2010
Vitamin A, RAE	µg	81	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
Retinol ¹	µg	5	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
Carotene, beta ¹	µg	740	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
Carotene, alpha ¹	µg	17	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
Cryptoxanthin, beta ¹	µg	342	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
Vitamin A, IU	IU	1548	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
Lycopene ¹	µg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010

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Lutein + zeaxanthin 1	µg	616	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
Vitamin E (alpha-tocopherol) 1	mg	1.11	2	--	1.06	1.17	1.0	--	--	1	Analytical or derived from analytical	--	04/2010
Tocopherol, beta 1	mg	0.03	2	--	0.03	0.03	1.0	--	--	1	Analytical or derived from analytical	--	04/2010
Tocopherol, gamma 1	mg	0.95	2	--	0.91	0.99	1.0	--	--	1	Analytical or derived from analytical	--	04/2010
Tocopherol, delta 1	mg	0.02	2	--	0.02	0.02	1.0	--	--	1	Analytical or derived from analytical	--	04/2010
Vitamin K (phylloquinone) 1	µg	3.2	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
Lipids													
Fatty acids, total saturated	g	1.383	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2010
4:0 1	g	0.002	3	0.000	0	0	2.0	0.001	0.004	1	Analytical or derived from analytical	--	04/2010
6:0 1	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2010
8:0 1	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2010

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
10:0 1	g	0.004	3	0.000	0	0	2.0	0.002	0.005	1	Analytical or derived from analytical	--	04/2010
12:0 1	g	0.004	3	0.000	0	0.01	2.0	0.003	0.006	1	Analytical or derived from analytical	--	04/2010
14:0 1	g	0.049	3	0.003	0.04	0.05	2.0	0.037	0.061	1	Analytical or derived from analytical	--	04/2010
15:0 1	g	0.002	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2010
16:0 1	g	0.910	3	0.041	0.83	0.97	2.0	0.733	1.087	1	Analytical or derived from analytical	--	04/2010
17:0 1	g	0.008	3	0.001	0.01	0.01	2.0	0.006	0.01	1	Analytical or derived from analytical	--	04/2010
18:0 1	g	0.388	3	0.022	0.34	0.42	2.0	0.292	0.483	1	Analytical or derived from analytical	--	04/2010
20:0 1	g	0.010	3	0.000	0.01	0.01	2.0	0.008	0.011	1	Analytical or derived from analytical	--	04/2010
22:0 1	g	0.003	3	0.000	0	0	2.0	0.001	0.004	1	Analytical or derived from analytical	--	04/2010
24:0 1	g	0.004	3	0.000	0	0	2.0	0.002	0.005	1	Analytical or derived from analytical	--	04/2010

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total monounsaturated	g	1.649	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2010
14:1 ¹	g	0.001	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2010
15:1 ¹	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2010
16:1 undifferentiated ¹	g	0.089	3	0.003	0.08	0.09	2.0	0.075	0.103	1	Analytical or derived from analytical	--	04/2010
16:1 c ¹	g	0.089	3	0.003	0.08	0.09	2.0	0.075	0.103	1	Analytical or derived from analytical	--	04/2010
16:1 t ¹	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2010
17:1 ¹	g	0.008	3	0.000	0.01	0.01	2.0	0.006	0.009	1	Analytical or derived from analytical	--	04/2010
18:1 undifferentiated ¹	g	1.517	3	0.061	1.4	1.59	2.0	1.255	1.779	1	Analytical or derived from analytical	--	04/2010
18:1 c ¹	g	1.508	3	0.061	1.39	1.58	2.0	1.247	1.769	1	Analytical or derived from analytical	--	04/2010
18:1 t ¹	g	0.009	3	0.000	0.01	0.01	2.0	0.008	0.011	1	Analytical or derived from analytical	--	04/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:1 ¹	g	0.031	3	0.002	0.03	0.03	2.0	0.023	0.039	1	Analytical or derived from analytical	--	04/2010
22:1 undifferentiated ¹	g	0.001	3	0.000	0	0	2.0	-0.001	0.002	1	Analytical or derived from analytical	--	04/2010
22:1 c ¹	g	0.001	3	0.000	0	0	2.0	-0.001	0.002	1	Analytical or derived from analytical	--	04/2010
22:1 t ¹	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2010
24:1 c ¹	g	0.002	3	0.000	0	0	2.0	0.001	0.004	1	Analytical or derived from analytical	--	04/2010
Fatty acids, total polyunsaturated	g	1.009	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2010
18:2 undifferentiated ¹	g	0.911	3	0.044	0.82	0.96	2.0	0.722	1.1	1	Analytical or derived from analytical	--	04/2010
18:2 n-6 c,c ¹	g	0.904	3	0.044	0.82	0.96	2.0	0.715	1.094	1	Analytical or derived from analytical	--	04/2010
18:2 CLAs ¹	g	0.004	3	0.000	0	0	2.0	0.002	0.005	1	Analytical or derived from analytical	--	04/2010
18:2 t not further defined ¹	g	0.003	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2010

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:3 undifferentiated ¹	g	0.032	3	0.001	0.03	0.03	2.0	0.027	0.037	1	Analytical or derived from analytical	--	04/2010
18:3 n-3 c,c,c (ALA) ¹	g	0.031	3	0.001	0.03	0.03	2.0	0.026	0.036	1	Analytical or derived from analytical	--	04/2010
18:3 n-6 c,c,c ¹	g	0.001	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2010
18:4 ¹	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2010
20:2 n-6 c,c ¹	g	0.013	3	0.001	0.01	0.01	2.0	0.009	0.017	1	Analytical or derived from analytical	--	04/2010
20:3 undifferentiated ¹	g	0.006	3	0.000	0.01	0.01	2.0	0.006	0.006	1	Analytical or derived from analytical	--	04/2010
20:3 n-6 ¹	g	0.004	3	0.000	0	0.01	2.0	0.003	0.006	1	Analytical or derived from analytical	--	04/2010
20:4 undifferentiated ¹	g	0.035	3	0.001	0.03	0.04	2.0	0.029	0.042	1	Analytical or derived from analytical	--	04/2010
20:5 n-3 (EPA) ¹	g	0.001	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2010
22:4 ¹	g	0.006	3	0.000	0.01	0.01	2.0	0.005	0.008	1	Analytical or derived from analytical	--	04/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:5 n-3 (DPA) ¹	g	0.003	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2010
22:6 n-3 (DHA) ¹	g	0.002	3	0.000	0	0	2.0	--	0.003	1	Analytical or derived from analytical	--	04/2010
Fatty acids, total trans	g	0.012	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2010
Fatty acids, total trans-monoenoic	g	0.009	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2010
Cholesterol ¹	mg	27	3	0.911	26	29	2.0	23.463	31.304	1	Analytical or derived from analytical	--	04/2010

Sources of Data¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 13x, 2009 Beltsville MD